



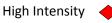
July 2020

## **Group Exercise Studio**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Physio		Pilates		
Yoga		Barre		(Core Strength)		
8:00am		8:00am		8:00am		
Meg 🔍		Shannon 🛆		Thiem O		
Balance &	Core Strength	Cardio &	Core Strength		POP	
Recovery	& Flexibility	Strength Circuit	& Flexibility	Tai Chi l	Pilates	
9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	
Shannon 🔘	Ruben 🔵	David 🛆	Ruben 🔍	Thiem O	Leah 🛆	
Healthy	Dynamic	Healthy	Dynamic		Strength	
Back	Movement Circuit	Back	Movement Circuit		Circuit	
10:00am	10:00am	10:00am	10:00am		10:15am	
Kaitlin 🔵	Stephen 🛆	Stephen 🔵	Stephen 🛆		Marcia 🛆	
		Core			Stretch Into	
		Strength			Relaxation	
		12:15pm			11:30am	
		Marcia 🛆			Michael P. 🔵	
	Healthy Heart					
	& Bones					
	1:30pm					
	Stephen 🔵					
Core	Total Body		Strength			
Strength	Sculpt	Yoga	Circuit			Fee Based
5:30pm	5:30pm	5:30pm	5:30pm			Class
Marcia 🛆	Isabel 🛆	Meg 🛆	Jeanette 🛆			
		Total Body				
		Sculpt				New Class
		6:30pm				
		Isabel 🛆				

All Classes 45 minutes

Low Intensity Intermediate



## **Fitness Center Hours**

Monday- Thursday 5:30am - 9:00pm Friday 5:30am - 8:00pm Saturday 7:00am - 6:00pm Sunday 8:00am - 4:00pm